

SLENDERTONE®

Bottom



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Part No: 2400-0334 Rev.:4 Date of Issue: 5/13

SLENDERTONE®

Bottom

INSTRUCTION MANUAL

MODE D'EMPLOI

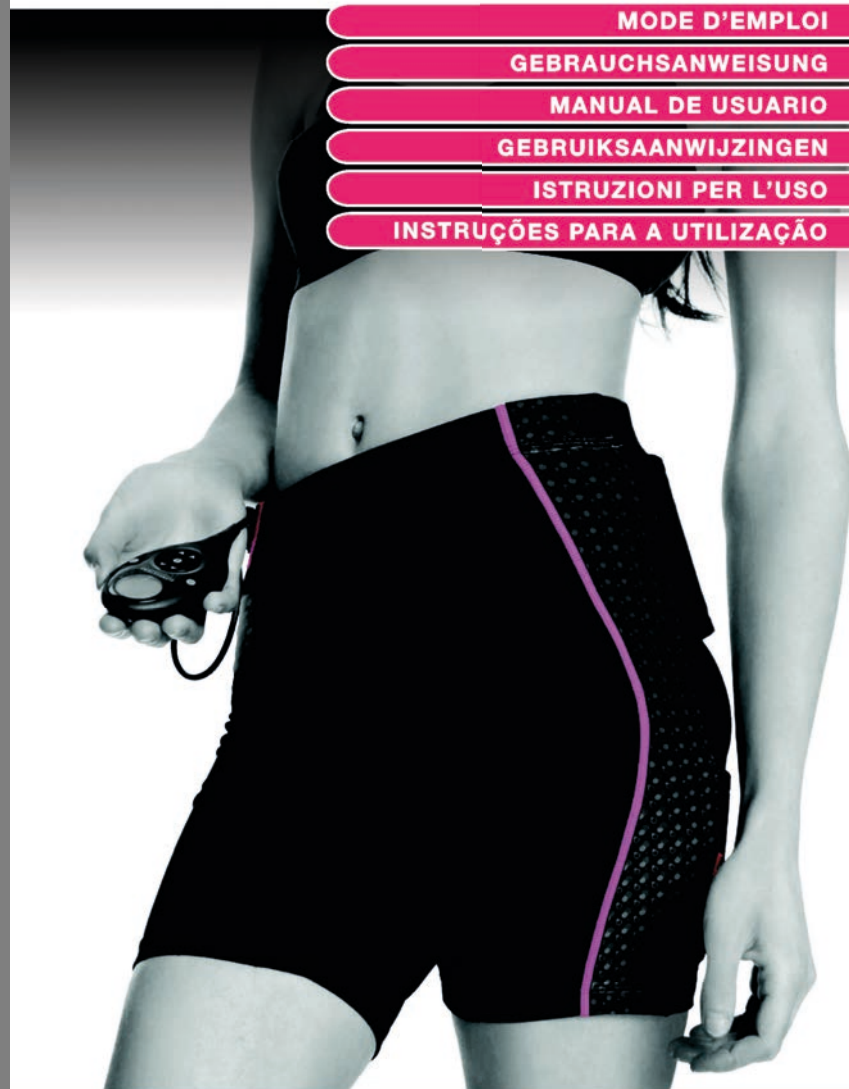
GEBRAUCHSANWEISUNG

MANUAL DE USUARIO

GEBRUIKSAANWIJZINGEN

ISTRUZIONI PER L'USO

INSTRUÇÕES PARA A UTILIZAÇÃO



www.slendertone.com

www.slendertone.com

Congratulations on purchasing your SLENDERTONE BOTTOM . Please read your user manual fully before using this product.

SLENDERTONE BOTTOM is the latest innovation in SLENDERTONE's premium range of products. Designed for ease of use, BOTTOM lifts, firms and tones your bottom comfortably and effectively, with results you should be able to see in just a few short weeks. This newly designed lycra shorts garment, makes it easy and comfortable to tone your bottom while about your home.

SLENDERTONE BOTTOM uses clinically proven EMS technology to exercise the muscles of your bottom. A signal is sent to the muscles and as the signal strength increases, the muscles contract.

Use your BOTTOM 4 times a week and in just 4 weeks, you can expect to see these results:

- **Tones and firms your bottom**
- **An improvement in your shape in 4 weeks**
- **Look better in your jeans**

For the best results we recommend that you use your SLENDERTONE BOTTOM in conjunction with a normal, healthy diet and exercise.

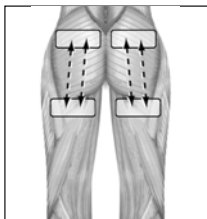
SLENDERTONE BOTTOM is an electronic muscle stimulator intended for the enhancement of the performance of the gluteal muscles of the body. It may also be used, with medical supervision, for the rehabilitation of muscle which has become deficient due to disuse or injury.

If you have any difficulty setting up your unit or have any other questions or concerns about your BOTTOM call the SLENDERTONE Careline on :

UK: 0845 070 7777 Email: info@slendertone.com
Rep. of Ireland: 1890 92 33 88 www.slendertone.com
International: +353 94 902 9936

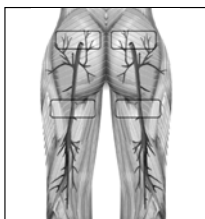
HOW DOES MUSCLE STIMULATION TECHNOLOGY WORK?

SLENDERTONE BOTTOM uses electrical muscle stimulation (EMS) technology. This technology has been used in hospitals and by physiotherapists for over 50 years. Here is a summary of how it works.



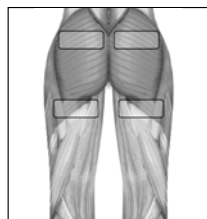
Step 1

A gentle signal is transmitted through the pads to the sciatic nerve and its branches.



Step 2

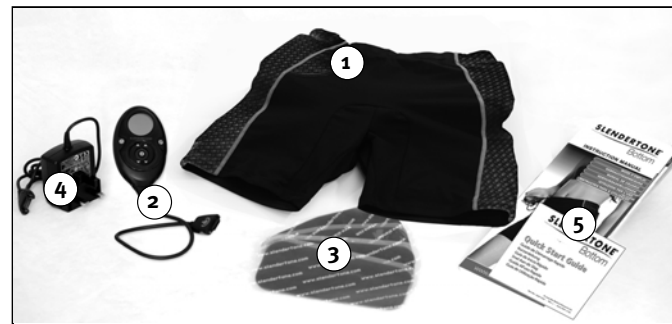
The signals switch on the nerves which control the muscles.



Step 3

The nerves, in turn, cause your muscles to contract and relax rhythmically.

You should find the following items inside your pack.



1. SLENDERTONE BOTTOM Garment:

Your SLENDERTONE BOTTOM garment has been ergonomically designed and incorporates the stimulation area into a comfortable shorts garment. The garment fits sizes - 6-12 (Waist: 24-32" / 61-81cm; Hips: 32-38" / 81-97cm). The shorts have a pocket for holding your unit during use.

2. SLENDERTONE BOTTOM Unit.

The unit generates signals which are sent, via the pads, to your muscles to make them contract. The unit is rechargeable and takes approximately 3 hours to charge fully.

3. Pack of Four Adhesive Pads.

These adhesive pads are placed onto your garment before use. These pads must be in contact with your skin so that signals can be sent to your muscles.

4. Battery Charger:

Plug the charger into a socket and then into your unit to charge your unit's battery. Please ensure you only use the charger supplied by SLENDERTONE.

5. Instruction Literature:

This contains a detailed guide to using your SLENDERTONE BOTTOM and an additional quick start guide to help get you started.

PRODUCT WARRANTY

Should your unit develop a fault within two years of purchase, SLENDERTONE will undertake to replace or repair the unit or any parts found to be defective with no charge for labour or materials *, provided the unit:

- Has been used for its intended purpose and in the manner described in this user manual.
- Has not been connected to an unsuitable power source.
- Has not been subjected to misuse or neglect.
- Has not been modified or repaired by anyone other than an approved SLENDERTONE agent.

This guarantee complements existing national guarantee obligations and does not affect your statutory rights as a consumer.

* This excludes consumables (e.g. pads, garment, etc.) which are subject to normal wear and tear.

1. On/Off Button (⏻)

Press and hold this button for 2 seconds to turn your unit on or off. You may also pause the exercise by briefly pressing this button.

2. Increase Toning Intensity (▲)

Press and hold these buttons to increase the intensity of the exercise. The right-hand button controls the right-hand side of your garment. The left-hand button controls the left-hand side.

3. Decrease Toning Intensity (▼)

Press and hold these buttons to decrease the intensity of the exercise on either side of the garment.

4. Programme Button (P)

Press this button to select the toning programme you wish to use. There are 4 programmes in total, which are explained later in this manual (page 7).

5. Information Button (i)

Press this button to see your training information, such as the maximum intensity for your current or last session and the number of sessions you have completed.

UNIT DISPLAY



UNIT DISPLAY

- Toning intensity from the left-hand side of the garment.
- Toning intensity from the right-hand side of the garment.
- Counts down the time left in the current session. Also displays error messages (see page 8).
- Appears when the exercise has been paused.
- Indicates that the sound is off.
- Keylock is active - you cannot change the intensity levels or the program accidentally.
- This symbol indicates a poor contact between the unit and the garment or between the pads and the skin (see page 9 for more details).
- Shows the battery power remaining. The battery icon will flash when the battery is low and needs to be recharged.
- Number of sessions completed.
- Shows the programme currently running (1 - 4).
- This symbol appears during each contraction phase.
- Maximum intensity for the current/ last session.

1. Insert your charger into a socket and then connect it to your unit (Fig. a). It'll take approximately 3 hours to fully charge the battery. Your unit is fully charged when all three sections of the battery icon are full.

NOTE: Only use the charger supplied by SLENDERTONE. Do not leave your unit connected to the charger when the battery is fully charged.

2. Lay the garment on a flat surface with the 4 flaps on the back open (Fig. b). Remove the adhesive pads from their pack. One side of each pad has a grid pattern on it while the other side is plain black.

3. Remove the covers from the **patterned side** of the pads (Fig. c). Do not remove the covers from the **black side** of the pads yet.

4. Place the patterned side of each pad directly over a metal stud on each of the flaps (Fig. d), on the raised section.

NB: Press the pad, especially around the edges, firmly onto the material before use.

Before you progress, make sure that all of the metal studs are completely covered by the pads.

5. The pads need to be in contact with the skin directly, so it is advisable to wear a thong or an undergarment that allows for this. Leaving the 4 flaps open put on the garment. When the garment is correctly positioned, the windows should be located as shown in Fig. e.

6. Remove the covers from the black side of the upper pads (Fig. f), but do not throw them away, as you may need them later, and close the flaps. Ensure gel pads are in full contact with your skin, nothing should be on the fabric/garment.

7. Remove the covers from the black side of the lower pads and close the flaps. Ensure each pad is positioned just below the crease of your bottom (Fig. g).

NOTES:

- You may need to adjust the position of the garments slightly until you find the most comfortable position. However, the positioning will become much easier after a few sessions.
- Use your SLENDERTONE BOTTOM whenever it suits you. You can use it almost any time and any place. We recommend you use your unit while relaxing at home. Your SLENDERTONE BOTTOM really is a convenient way of firming and toning your bottom.
- For the best results, we recommend that you do five training sessions per week. You should, however, only do one session per day, as this allows your muscles to recuperate.
- Standing or lying down is more comfortable at high intensities.

Fig. a



Fig. b



Fig. c

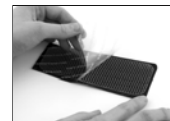


Fig. d



Fig. e



Fig. f



Fig. g



YOUR FIRST TONING SESSION

Muscle toning can be an unusual sensation, but a pleasant one. It may tickle to begin with. We recommend that you use the product while seated until you become accustomed to the sensation. This progresses to a smooth muscle contraction as the toning intensity increases. To get started, follow these simple steps:

1. 'Click' the unit connector and garment connector together (Fig. a).

2. Press and hold the on/off button (⏻ - Fig. b) for two seconds to switch your unit on.

3. Select the program you wish to use by pressing the program button (P - Fig. c). Then, to start that program, press and hold the increase intensity buttons (▲ - Fig. d) until you feel your muscles contracting. Always choose an intensity level at which you feel a strong but comfortable contraction. This will vary from person to person. You should try to reach an intensity level of 25 or higher in your first session. The increasing intensity level is displayed on the screen.

4. Continue increasing the intensity throughout the session if possible. You will feel the muscle contractions getting stronger as the intensity increases. Remember the harder you work your muscles the better the results you will see, but always reduce the intensity if you feel any discomfort. Your unit's intensity range is 0-99.

PAUSING A SESSION

If you wish to pause a session before it is finished, simply press the on/off button briefly. The display will show that the unit is paused (⏻). To resume the session, briefly press the on/off button again. The display will return to its normal mode.

5. At the end of the training session your SLENDERTONE BOTTOM will stop automatically. However, to switch off your unit at any time during a session, press and hold the on/off button for two seconds. You should see the display turn off.

6. To remove the garment, first open the flaps and replace the gel pads covers. The gel pads should remain on the flaps.

Store your BOTTOM TONER, ensuring that the pads are kept flat, until your next session.

NOTE: Do not disconnect the unit from the garment without first switching the unit off, as this may result in an error on your display.

Well done on completing your first training session!

Fig. a



Fig. b



Fig. c



Fig. d



GETTING RESULTS WITH YOUR BOTTOM

- Use the strongest training intensity you can - the harder you work your muscles, the better the results you will see, but remember, the stimulation should never be uncomfortable.
- Try to increase your toning intensity regularly. But do not over-exert yourself.
- SLENDERTONE BOTTOM has 4 toning programmes which are listed in the table below. Programme 1 is set when you switch your unit on for the first time. The unit will then automatically progress through each programme after a set number of sessions.

Programme Name	Session Duration	Training Level	Auto Progression
Beginner	15:00	Light	2 sessions
Intermediate	20:00	Moderate	3 sessions
Advanced	25:00	Strong	5 sessions
Expert	30:00	Very Strong	Indefinite

You cannot change a programme during a session. You must first switch your unit off and then on again. Then you can select a different programme by pressing the programme button.

30-DAY PLAN

To get the most from your unit, follow the 30 day plan. Use SLENDERTONE BOTTOM 4 times a week for 4 weeks and record the highest intensity levels in your diary (the diary is inside the back cover). Each week you have 3 rest days. The diary below shows one person's plan, recorded during scientific testing over a 30-day period. Each box shows the highest toning intensity from either side of the garment. The intensity level will vary from person to person.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	(20 20)	rest	(25 25)	rest	(30 30)	rest	(40 40)
2	rest	(50 50)	(55 55)	rest	(60 60)	rest	(65 65)
3	rest	(65 65)	(70 70)	rest	(70 70)	rest	(75 75)
4	rest	(75 75)	(75 75)	rest	(80 80)	rest	(80 80)

Fill-in your diary every time you complete a toning session. Leave this diary somewhere you will see it regularly. This will help to motivate you to reach your goal. You will soon see and feel that your bottom is firmer and more toned.

CARING FOR YOUR PADS

- The pads are for single person use only.
- You should ensure your skin is clean and free of oils, creams and other lotions before use.
- The durability and effectiveness of the pads depends entirely on the proper use, storage and care on the part of the user, certain skin types and the type, duration, number of sessions, intensity used and site of stimulation.
- Ensure your hands are clean before handling pads. You should avoid touching the skin-side of the pads with your fingers as much as possible when applying or removing the belt, as this can transfer oils and skin particles to the pads' surface.
- After use, replace the liners on the black side of the pads and store your unit in a cool, dry place until the next use.
- Pads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.

Information Button (i)

Press the information button (Fig. a) any time during a session to see the highest intensity level you have reached for that session. Pressing the information button twice shows you the total number of sessions you have completed. While pressing the information button three times shows the garment type you are using.

Fig. a



Mute Function (X)

If you want to switch off your unit's sound effects, press and hold the programme button for two seconds (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by again pressing the programme button for two seconds

Fig. b



Keylock Function (🔒)

If you find a comfortable exercise intensity, press and hold the information button for two seconds to lock that intensity (Fig. c). This function only remains active during the session in which it is activated. If you wish to increase the intensity further, deactivate the keylock function by again pressing the information button for two seconds.

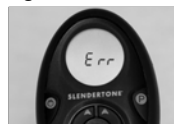
Fig. c



Error Messages

In the unlikely event of your unit developing a problem, "Err" will appear on your unit display (Fig. d). If this occurs you should switch the unit off and then switch it back on again. It should now operate properly. If the problem persists, please call your local careline for further assistance (see page 2).

Fig. d



Battery Power / Replacing the Battery

The battery icon on the display will flash when the battery is low and needs to be recharged. After a period of time, you may find that your battery will only power your unit for a limited number of sessions, requiring you to charge the battery more frequently. This is because rechargeable batteries have a limited number of charge cycles and may eventually need to be replaced.

Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your unit (Fig. e), unscrew the back cover and remove it. Replace the existing battery pack with a new battery pack (Fig. f) and replace the battery cover. You can purchase a new battery pack by contacting the SLENDERTONE Careline.

Fig. e



Fig. f



Problem	Possible Cause	Solution
The display doesn't come on and there is no signal from the unit	The battery is low	Recharge the battery
The display is on but there is no signal	The battery is low	Recharge the battery
The battery symbol is flashing	The battery is low	Recharge the battery
The ⚠️ symbol has appeared on the display*	Unit is not properly connected to garment	Ensure unit and garment are properly connected
	The covers are still on the pads	Remove the covers from the pads
	The pads are worn	Visit the website or your local retailer for new pads
	The pads are not covering the studs	Make sure the pads fully cover the metal studs
Unpleasant feeling beneath the pads	Poor pad contact with the skin	Press the pads firmly against the skin. Smear a few drops of water on the surface of the pads. Make sure the unit is OFF first
	The pads are worn	Visit the website or your local retailer for new pads
	Pads are not covering the metal studs	Make sure the pads fully cover the metal studs
	Too many consecutive sessions	You should just do one session per day on any single body area
The contractions are very weak even when the toning intensity is high	The pads are worn	Visit the website or your local retailer for new pads
	The battery is low	Recharge the battery
	Poor pad positioning	See page 5 for correct pad positioning
	Pads are not covering the studs	Make sure the pads fully cover the metal studs
"Err" appears on the display	Error message	Switch the unit on and off. The unit should work without any problem. If the error message persists call the careline for further details

* The ⚠️ symbol always appears in conjunction with the left/ right intensity indicators. If the left indicator appears, there is a problem with one or both of the left-hand pads, the right indicator acknowledges a problem with one or both of the right-hand pads and if both indicators appear there is a problem with pads on both sides of the garment.

Can I use my unit for post natal exercises?

- Yes, but you must wait a minimum of 6 weeks after childbirth before you begin using it and you must consult your doctor first.
- If you've had a Caesarean in the past 3 months, consult your doctor for approval before using the garment.

The stimulation is uncomfortable. How can I improve this?

- Make sure the pads are positioned correctly and that they are pressed firmly against your skin - see page 5. Switch off your unit and reposition the garment if necessary.
- You can also smear a few drops of water on the **black** surface of the pads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the unit. Ensure the unit is switched OFF before you do this!
- Ensure the metal studs are fully covered by the pads.

My skin is red after the exercise. Is this a problem?

- Some redness of the skin after a toning session is normal. It is partly due to an increase in the blood flow under the skin and should fade after a while. You may also experience some reddening of the skin due to the pressure of the garment. This is the same as the pressure marks you can get from tight clothing. You should not be concerned about this. It should fade soon after you remove the garment.
- If the redness is excessive, you may have the toning intensity too high. This may increase the reddening in sensitive skin. Try using a lower toning intensity for a few days. If the problem persists, you should stop using the unit.

Can I use SLENDERTONE BOTTOM to treat muscles weakened from lack of use due to injury?

- Yes. The unit may be used for the alleviation of or compensation for injury. Consultation with your doctor or physiotherapist is required to establish a rehabilitation programme with your garment, which would safely provide improvement to the strength and tone of the bottom muscles.

How do I know when to replace the pads?

- With time the pads pick up skin debris and may need to be replaced as this makes the workout less effective and less comfortable.
- You may notice the signal is weakening even if the batteries are OK. This usually indicates that the pads are wearing and will soon need replacing. You can check this by first adjusting the garment to ensure correct positioning of the pads. If the problem persists, try using the unit with new pads. If the signal is still weak or uncomfortable, you should order a new battery pack.
- New pads can be purchased online at www.slendertone.com or from the Careline.

Will the product cause muscle soreness?

- As with all exercise some muscle soreness can occur after using the garment. This is normal and should go away after a day or two. Use a low toning intensity for a few sessions if you are experiencing muscle soreness. As the exercise is stronger when you are seated, some people find using the SLENDERTONE BOTTOM while lying down more comfortable.

I can feel the contraction on one side but not the other, what should I do?

- If one side of your body is not receiving any signal, try the following:
 1. Fasten the garment around your legs and waist more tightly to see if that helps.
 2. Pause the exercise, unfasten your garment and ensure all the pads on the side with no signal are fully covering their respective metal studs and are flat against your skin. Reposition any that are not flat against both your skin and the garment, then fasten your garment tightly and start the exercise again.

oThe pads are not sticking to the garment even though they are fairly new. Can this be improved?

- Ensure the **patterned** side of each pad is always placed on the garment. The **black** side of the pads should always be against your skin. Press the edges of each pad very firmly onto the garment before and after each session.

The signal on one side of my body feels different to the other. What should I do?

1. If the signal is weaker on one side of your body, you can simply increase the intensity button for that side to make the exercise stronger.
2. Ensure all of the pads are correctly positioned (see page 5).
3. You can also try tightening the strap on the leg with the weaker signal to see if the strength increases.

I can feel an uncomfortable sensation in my back. What should I do?

- If you feel the stimulus in your lower back, the upper pads are too high and should be placed slightly lower. The top of the upper pads should be just below the line where your bottom and back meet (see page 5).

I have reached an intensity of 99 but want to get a stronger contraction. What should I do?

- For a stronger contraction on the bottom, use YOUR SLENDERTONE BOTTOM sitting down. Tightening the leg fasteners may also help. Standing or lying down is more comfortable at high intensities.

I can feel a tingling elsewhere in my legs. Is this normal?

- Yes. YOUR SLENDERTONE BOTTOM unit stimulates the nerves which control your muscles. Stimulating the sciatic nerve can cause a tingling sensation in other leg muscles and is perfectly safe as long as the sensation is comfortable.

Battery performance has degraded significantly.

- After an extended period of time you may notice a degradation in the performance of the battery in your unit. At this point you should purchase a new rechargeable battery pack. New rechargeable battery packs can be purchased through the Careline, or by visiting www.slendertone.com.

Your SLENDERTONE product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use. Some of the points below are gender specific.

Please do not use if:

- You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The unit is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the device necessitates placement over areas at which drugs/ medicines are administered by injection (short term or long term) e.g. hormone treatment.

Please wait before using your SLENDERTONE product until:

- At least six weeks after the birth of your baby (you must consult your doctor first).
- One month after an IUD contraceptive device (e.g. coil) has been fitted.
- At least three months after having a Caesarean (you must consult your doctor first).
- The heavy days of your period have finished.

Please get your doctor's or physiotherapist's permission before using your SLENDERTONE product if:

- You have any serious illness or injury not mentioned in this guide.
- You have recently had an operation.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.
- Using the device as part of a rehabilitation programme.

When applying the pads and garment, always remember to:

- Place the pads and garment ONLY as indicated in this manual.
- Avoid placing the pads or garment on the front or sides of the neck, across or through the heart (i.e. one pad on the front of the chest and one on the back), on the genitals or on the head. (Other toning units are available for other areas of the body - details are available at www.slendertone.com or from your local retailer).
- Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the pads directly over metal implants.

Possible adverse reactions:

- A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including allergies, a prolonged reddening of the skin and acne.
- On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation. Standing or lying down is more comfortable at high intensities.

To reposition pads during a session:

- Always pause the programme currently running, unfasten the legs and/or waistband and then refasten it/ them once the position of the pads has been adjusted.

After strenuous exercise or exertion:

- Always use a lower toning intensity to avoid muscle fatigue.

Contact the careline if:

- Your unit is not working correctly. Do not use it in the meantime.
- You experience any irritation, skin reaction, hypersensitivity or other adverse reaction. You should, however, note that some reddening of the skin can appear under the garment during and for a short time after a session.

Note:

- An effective treatment should not cause undue discomfort.

Important:

- Keep your unit out of the reach of children.
- The studs and pads must not be connected to other objects.
- Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your unit if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the pads or metal studs while the unit is switched on.
- Do not use while driving, operating machinery or cycling.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarise yourself with the sensation before progressing to higher stimulation intensities.
- For hygiene reasons the garment is for use only by one person. Do not share your garment with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.
- You should always ensure that the charger & power supply is positioned so that it is easy to unplug the power supply from the socket.
- To isolate this equipment from the mains, the charger/power supply plug should be removed from the socket.

N.B. If you are in any doubt about using your SLENDERTONE unit for any reason, please consult your doctor before use.

Caring for your unit

Your unit should not be allowed to get wet or be left in excessive sunlight. It may be cleaned regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.

Access to the interior of the unit is not required for maintenance purposes.


If your unit is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE.

IMPORTANT: Under no circumstance should anything other than the correct type of batteries – (rechargeable batteries 3.6V NiMH) be used with your unit. These can be purchased from the SLENDERTONE careline.

Disposing of the pads and batteries

Used pads and batteries must never be disposed of in a fire but in accordance with your country's national laws governing the disposal of such items.

NOTES:

- The signal gradually increases to a peak intensity level at the start of the contraction phase (i.e. ramp up) and gradually decreases to nothing at the start of the relaxation phase (i.e. ramp down). When the  symbol is flashing, the stimulus is significantly reduced.
- In accordance with the laws within the member state, safety testing on the device should be carried out every two years.
- In compliance with German law, product safety testing must be conducted every two years by an authorised test service.

Accessories:

You can purchase all accessories at www.slendertone.com. Under no circumstances should anything other than SLENDERTONE accessories be used with your SLENDERTONE charger or SLENDERTONE unit (Type 390). Any others may not be compatible with your unit and could degrade the minimum safety levels.

SLENDERTONE BOTTOM **Garment (E:30)**

SLENDERTONE BOTTOM **Pads:** • 4 large pads (Type 716)

SLENDERTONE **Belt Extension**

Battery pack (3.6V, NiMH)

Battery Charger (EU - 2504-0303)

Battery Charger (US/Japan - 2504-0302)

Charger complies to EN 60950, Input: nominal voltage 100-240V, frequency 50-60Hz, current 125mA. Do not use any other chargers or any other power supplies.

Product Type: 396

Intended use: Muscle stimulator

Classification: Internally powered equipment, Class II charger, Type BF applied parts.

Waveform: Symmetrical bi-phasic square waveform when measured into a resistive load.

Environmental Specifications:

Operating: Temperature Range: 0 - 35°C (32 - 95°F)
Humidity: 20 - 65 % RH
Transport & Storage: Temperature Range: 0 - 35°C (32 - 95°F)
Humidity: 20 - 85 % RH

Description of your unit's symbols:

There are a number of technical markings on your unit. These can be explained as follows:



The unit and garment are manufactured for Bio-Medical Research Ltd, Parkmore Business Park West, Galway, Ireland.

The unit requires 1 x 3.6 volt (NiMH) DC battery pack. DC is indicated by the symbol: 

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz, which is indicated by "Hz".

Output (RMSA) means the maximum output root mean square current for each channel.

Output (RMSV) means the maximum output root mean square voltage for each channel.



This symbol means "Attention, consult the accompanying documents".



This symbol means type BF applied parts (electrodes).




This symbol on your unit is to indicate conformity to the requirements of the Medical Device Directive (93/ 42/EEC). 0366 is the number of the notified body (VDE).



Conforms to UL STD 60601-1.
Certified to CAN/CSA.
STD C22.2 NO 601.1

SN stands for 'serial number'. On the back of the unit is the serial number specific to this unit. The letter preceding the number indicates the year of manufacture, where "R" denotes 2012, "S" denotes 2013 etc.

The garment's batch number is represented on the garment packaging, by the number corresponding with the  symbol.

Rated Outputs – Voltage/Currents: E:30

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	6.3V	11.2V	13V
Output RMSA	12.6mA	11.2mA	8.6mA
Output Frequency	50Hz	50Hz	50Hz
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	250-350µs	250-350µs	250-350µs
Negative Pulse Width:	250-350µs	250-350µs	250-350µs
Interphase Interval:	100 µs	100 µs	100 µs

Attention:

This unit can deliver currents in excess of 2mA/cm² if used with incorrect electrodes.








At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.

Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.

CARING FOR YOUR GARMENT

Your garment can be washed, but you must first remove the unit and pads. Always follow the instructions on the label when washing the garment.

-  Never machine wash your garment. Always hand wash in lukewarm water. This protects the internal wiring from damage in the washing machine. You should take even when hand washing and never wring the garment to remove water.
-  Do not use bleach when washing the garment.
-  Do not dry clean your garment.
-  Do not tumble dry your garment. Dry it on a flat surface. Do not dry it over anything hot. (e.g. a radiator) as it contains plastic parts. Ensure the garment is completely dry before using it again.
-  The garment should not be ironed.

BATTERY CHARGING AND DISCHARGING

Your device is powered by a rechargeable battery. The full performance of a new battery is achieved only after two hours or three complete charge cycles.

The battery can be charged and discharged hundreds of times, but it will eventually wear out. To insure optimum battery performance you should use your device regularly e.g. perform 1 session a day, 5 days per week.

If a replacement battery is being used for the first time or if the battery has not been used for a prolonged period, it may be necessary to connect the charger and then disconnect and reconnect it to start the charging.

Unplug the charger from the electrical plug and the device when it is not in use. Do not leave fully a fully charged battery connected to a charger, since overcharging may shorten its lifetime. If left unused, a fully charged battery will loose its charge over time.

If the battery is completely discharged, it may take a few minutes before the charging indicator apperas on the display. Use the battery only for its intended purpose. Never use any charger or battery that is damaged.

Leaving the battery in hot or cold places, such as in a closed car in summer or winter conditions, will reduce the capacity and lifetime of the battery. Always try to keep the battery between 15°C and 25°C (59°F and 77°F). A device with a hot or cold battery may not work temporarily, even when the battery is full charged. Battery performance is particularly limited in tempertaures well below freezing. Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

30-DAY PLANS

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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3							
4							

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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4							

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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2							
3							
4							